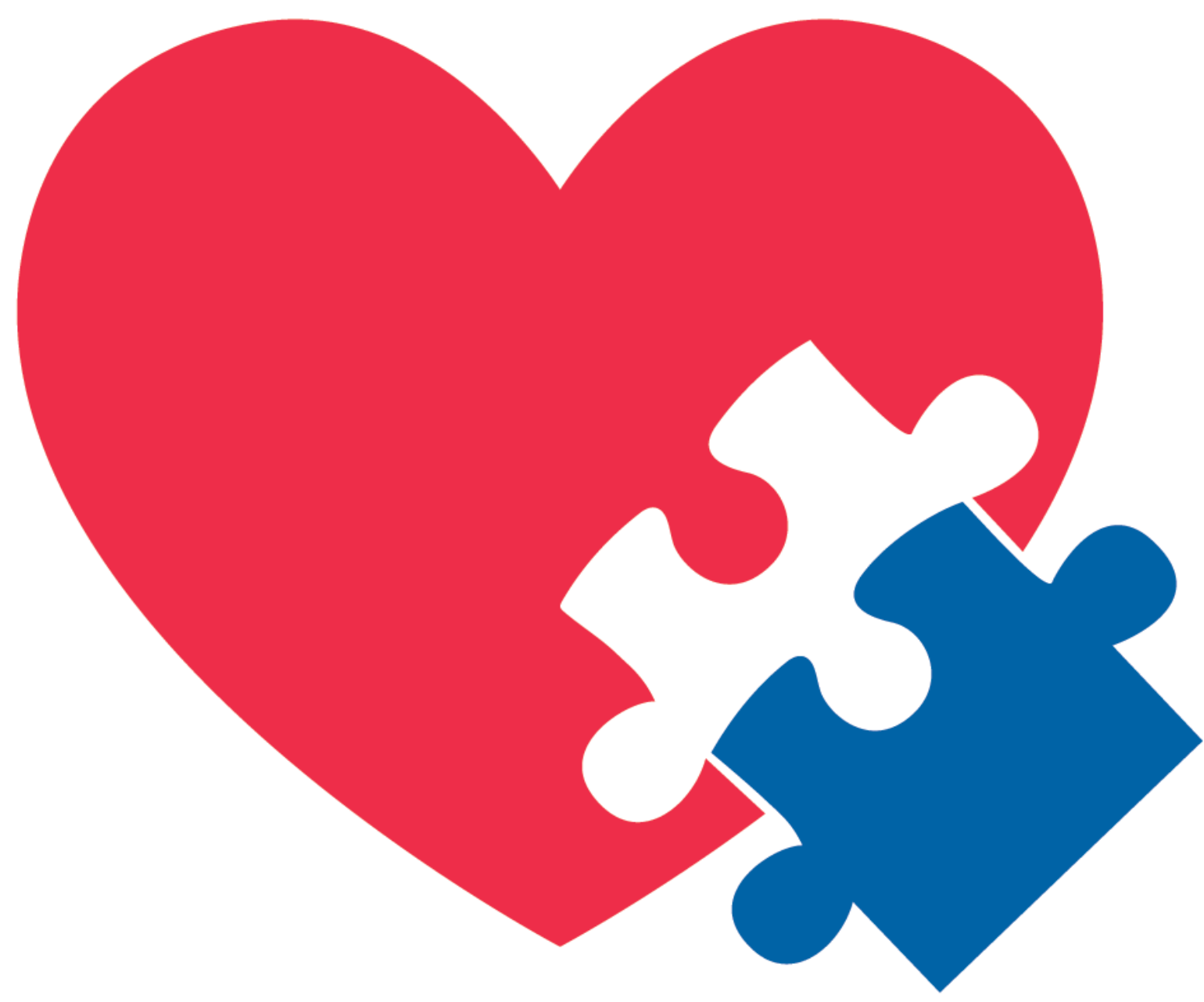




Little Hearts Matter's

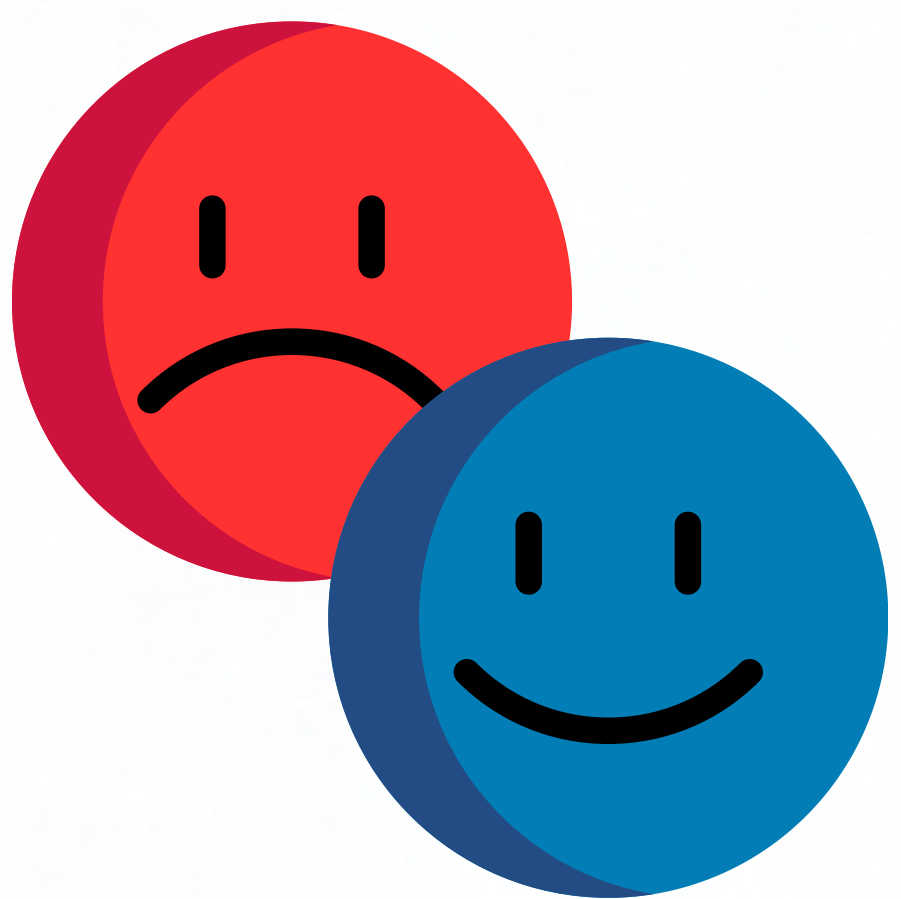
World Heart Day



Debunking the myths around single ventricle heart conditions

MYTHS

1 Looking fine means feeling fine.



Some people are experiencing challenges that you can't see, a smiling face can tell just half the story.

2 All heart conditions can be 'fixed'.



Some complex heart conditions, like mine, can be treated, but they cannot be cured.

3 "It doesn't affect me."



Every county is home to people with a complex heart condition. Empowering them is to create a better society for us all.

FACTS

1 A lack of energy.



My circulation is stopping me from getting the oxygen I need. This can lead to exhaustion and a difficulty to concentrate.

2 Every day is different.



Life with a complex heart condition has its ups and downs. Some days are better than others.

3 You can help.



With the right support and empowerment, people with a complex heart condition can live to their full potential that their heart will allow.

WAYS YOU CAN HELP PEOPLE WITH HALF A WORKING HEART

1 Go to lhm.org.uk



Visit the Little Hearts Matter website to learn more about the charity and the people we support.

2 Raise Awareness



Go to lhm.org.uk to download our free tools and resources to help you raise awareness.

3 Fundraising for LHM



LHM needs money to provide its much-needed services. To support us go to lhm.org.uk/support-us

Registered charity number: 1123290